

We claim:

1. A method for improving cardiovascular function of a subject comprising the administration of two to ten grams of D-ribose one to four times daily to the subject.

2. The method of claim 1 wherein three to five grams of D-ribose is administered one to four times daily to the subject.

3. The method of claims 1 or 2 wherein D-ribose is administered one to four times daily for at least one week.

4. A composition for improving cardiovascular function of a subject comprising administering an effective amount of D-ribose in combination with a vasodilator to the subject.

5. The composition of claim 4 wherein the effective amount of D-ribose is one to 30 grams and the vasodilator is L-arginine, nitroglycerine, a nitrate, a nitrite, papaverine, isoproterenol, nylidrin, isoxsuprine, nitroprusside, adenosine, xanthine, ethyl alcohol, dipyramide, hydrazaline, minoxidil or diazoxide.

6. The composition of claim 4 wherein the effective amount of D-ribose is two to 10 grams.

7. The composition of claim 4 wherein the effective amount of D-ribose is three to eight grams.

8. The composition of claim 4 further comprising at least one of glucose, glutamine, Vitamin C, Vitamin B6, Vitamin B12, folic acid.

9. The composition of claims 4 or 8 further comprising at least one of L-carnitine, taurine, creatine, Coenzyme Q10 or pyruvate.

10. A method for improving cardiac function in a subject comprising the administration of any one of the compositions of claims 4, 5,6, 7, 8 or 9 to the subject one to four times per day.

11. A composition for improving cardiac function in a subject comprising: one to 20 grams of D-ribose; 0 to 20 grams of glucose; one to eight grams of L-arginine; 100 to 1000 milligrams of Vitamin C; 0.1 to one milligrams of folic acid; 0.1 to one milligrams of Vitamin; and one to 50 milligrams of Vitamin B6.

12. A composition for improving cardiac function in a subject comprising: five grams of D-ribose; five grams of glucose; two grams of L-arginine; 500 milligrams of Vitamin C; 0.2 milligrams of folic acid; 0.25 milligrams of Vitamin B12; and six milligrams of Vitamin B6.

13. A method for improving cardiac function in a subject comprising the administering any one of the compositions of claims 11 and 12 to the subject one to four times per day.

14. A method for relieving the symptoms of peripheral vascular disease in a subject comprising administering any one of the compositions of claims 5, 6, 7, 8, 9,11 or 12 to the subject one to four times per day.

15. The method of claims 4, 10 or 13 wherein the vasodilator is nitroglycerine, a nitrate, a nitrite, or nitroprusside, and the D-ribose is ingested orally fifteen minutes before the vasodilator is administered sublingually, buccally or transdermally.

16. A method of reducing blood pressure of a subject comprising administering D-ribose to the subject.

17. The method of claim 16 wherein D-ribose or any one of the compositions of claims 5,6,7,8,9,10,11 or 12 is administered to the subject one to four times per day.